

Gracie's Story

Gracie regularly attends our Fusion Youth sessions, where she has perfected her football skills, alongside discovering a love for badminton and has progressed immensely in the sport.



“Gracie’s progression in sports has been inspiring, from discovering a love for Badminton, to upskilling her football skills”

Aleksy, Education and Community Sports Coach

Gracie attends Fusion Youth sessions every week, fully engaging in all of our activities. Her two favourite sports are football and badminton. While she's been playing football since a young age, badminton is a more recent passion she's discovered through our sessions, alongside refining her football skills.

Discovering New Skills and Staying Active

Gracie has also recently discovered benchball at our Fusion Youth sessions, a game that has helped her enhance her teamwork, communication, and throwing and catching skills. Each session includes 90 minutes of physical activity, offering a wide variety of sports and games to keep everyone engaged.

When Gracie attends our Fusion Youth sessions, she leaves feeling energised and happy, thanks to the exciting variety of activities that keep her engaged and motivated. We make sure each week offers something new, so the children are always looking forward to coming back for more. It's a refreshing break from what Gracie would usually do in her spare time, lying in bed scrolling through TikTok. Young children are spending too much time on technology, our Fusion Youth sessions offer a positive, active alternative that supports both their physical and mental well-being.

Gracie's Experience with the Coaches

One of Gracie's highlights of the Fusion Youth sessions are the Coaches. She states 'Coach Aleksy is very funny and very nice and passionate to support the young people and Coach Oliver is very fun to be around and passionate to deliver different sports to young people'. Our coaches focus on inspiring every child to participate and explore new activities.



From Passion to Aspiration Through Fusion Youth

Gracie eagerly anticipates each week in the Fusion Youth sessions, as it gives her something exciting to look forward to. She's also shared that Active Fusion has inspired her to pursue a career as a sports coach one day. We offer apprenticeship programmes for young people like Gracie, who dream of building a future in the world of sport. Gracie's story is a great example of the positive impact our Fusion Youth sessions have on young lives. The sessions provide an opportunity to explore new activities that they might not have tried before, while also helping them build on existing skills. Gracie's journey, from refining her football abilities to discovering a newfound passion for badminton, highlights the personal growth and excitement these sessions inspire.

Read more stories like Gracie's [here](#) or discover more about Fusion Youth [here](#).



“Active Fusion is inspiring for me to become a sports person.”

